

# Advanced Placement Psychology

## Chapter 13: Emotion

( <http://www.ApPsychology.net> )

- **Emotion**- a response of the whole organism
  - Physiological arousal
  - Expressive behaviors
  - Conscious experience

### Emotional Arousal

- **Autonomic nervous system** controls physiological arousal

<b>Sympathetic division (arousing)</b>		<b>Parasympathetic division (calming)</b>
Pupils dilate	EYES	Pupils contract
Decreases	SALVATION	Increases
Perspires	SKIN	Dries
Increases	RESPERATION	Decreases
Accelerates	HEART	Slows
Inhibits	DIGESTION	Activates
Secrete stress hormones	ADRENAL GLANDS	Decreases secretion of stress hormones

- Arousal and Performance- Performance peaks at lower levels of arousal for difficult tasks, and at higher levels for easy or well-learned tasks.

### Emotion-Lie Detectors

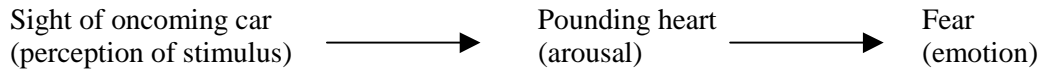
- **Polygraph**- machine that is commonly used in attempt to detect lies; measures several of the physiological responses accompanying emotion (i.e. perspiration, heart rate, blood pressure, breathing changes)
- **Control Question**
  - Up to age 18, did you ever physically harm anyone?
- **Relevant Question**
  - Did the deceased threaten to harm you in any way?
- **RELEVANT > CONTROL → LIE**
- Is 70% accuracy good?
  - Assume 5% of 1000 employees actually guilty...after testing all employees 285 will be wrongly accused
- What about 95% accuracy?
  - Assume that 1 in 1000 employees actually guilty...after testing all employees 50 are wrongly declared guilty and 1 of 51 testing positive are guilty (2%)

### Experiencing Emotion

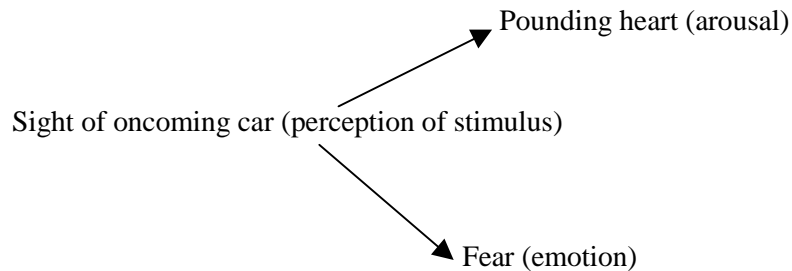
- The **amygdala** is a neural key to fear learning
- **Catharsis**- emotional release; catharsis hypothesis- "releasing" aggressive energy (through action or fantasy) relieves aggressive urges
- **Feel-good, do-good phenomenon**- people's tendency to be helpful when already in a good mood.
- **Subjective Well-Being**- self perceived happiness or satisfaction with life; used along with measures of objective well-being (physical and economic indicators to evaluate people's quality of life.
- **Adaptation-Level Phenomenon**- tendency to form judgements relative to a "neutral" level (i.e. brightness of lights, volume of sound, level of income); defined by our prior experience
- **Relative Deprivation**- perception that one is worse off relative to those with whom one compares oneself

## Theories of Emotion

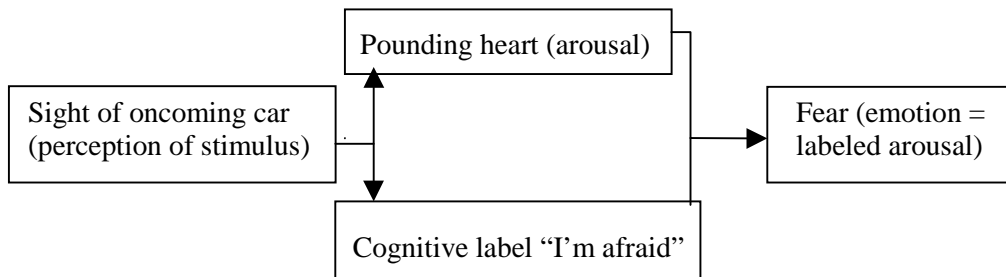
- Does your heart pound because you are afraid...or are you afraid because you feel your heart pounding?
- **James-Lange Theory of Emotion**
  - Experience of emotion is awareness of physiological responses to emotion-arousing stimuli



- **Cannon-Bard Theory of Emotion**
  - Emotion-arousing stimuli simultaneously trigger: physiological responses and subjective experience of emotion



- **Schachter's Two Factor Theory of Emotion**
  - To experience emotion one must: be physically aroused and cognitively label the arousal



**Emotion and cognition feed on each other**

## **Bibliography**

Myers, David G., Psychology Fifth Edition. Worth Publishers, Inc. New York, NY ©1998